



Poached eggs with broccoli, tomatoes & wholemeal flatbread

Ingredients

100g thin-stemmed [broccoli](#) trimmed and halved

200g cherry tomatoes on the vine

2 wholemeal flatbreads

2 tsp mixed seeds (such as sunflower, pumpkin, sesame and linseed)

1 tsp cold-pressed [rapeseed oil](#)

Good pinch of chilli flakes

Method

1. Boil the kettle. Heat oven to 120C/100C fan/gas 1/2 and put an ovenproof plate inside to warm up. Fill a wide-based saucepan one-third full of water from the kettle and bring to the boil. Add the broccoli and cook for 2 mins. Add the tomatoes, return to the boil and cook for 30 secs. Lift out with tongs or a slotted spoon and place on the warm plate in the oven while you poach the eggs.
2. Return the water to a gentle simmer. Break the eggs into the pan, one at a time, and cook for 2 1/2 - 3 mins or until the whites are set and the yolks are runny.
3. Divide the flatbreads between the two plates and top with the broccoli and tomatoes. Use a slotted spoon to drain the eggs, then place on top. Sprinkle with the seeds and drizzle with the oil. Season with a little black pepper and the chilli flakes, and serve immediately.